

■ Physical Problems: Inventory

Physical Problems Inventory

Check with sentences seem to fit you.

- _____ I have had an ongoing medical problem which is affecting my performance at Job Corps
- _____ I have had to make appointments to see a doctor/nurse in health services to deal with this medical problem
- _____ I have physical pain or discomfort
- _____ Sometimes my physical problems come and go
- _____ It seems like the problem gets worse with stress
- _____ I don't participate in certain center activities because of my condition
- _____ I have a hard time taking care of this medical problem
- _____ I don't take my medication sometimes
- _____ I find myself complaining too often about this problem

■ Physical Problems: Goals

Physical Problems Goals

- I do not want this medical condition to affect me from completing my Job Corps program
- I do not want to let this condition keep me from having fun and going to center activities
- I want to understand what makes me feel better and what makes the condition feel worse
- I want to take medication the way I am supposed to
- I want to manage my stress so that it does not make the problem worse
- I want to feel better, and cope with the pain or discomfort
- I want to know what medical advice I should follow and do it
- I want to make sure that I don't lose friends by complaining about this problem

■ Physical Problems: First Aid

Physical Problems First Aid

1. Talk with a staff person about your symptoms and feelings related to your medical problem
2. Practice a relaxation technique to deal with the pain
3. Begin to notice the events which make the pain worse
4. When do you feel the best?
5. Talk to a doctor about how to deal with the problem and follow the directions
6. Remember that the pain has been less before and probably has not even been present at times
7. Do not forget to take medication. It is likely to work only if you take it as prescribed
8. Decide on a plan of how you will remember to take the medication such as at meals, 3rd hour, floor chores, etc.
9. Make a list of activities you can do to distract yourself from the pain when it comes



■ Physical Problems: Worksheet

Physical Problems Worksheet

Relaxation Technique/Pain Control Exercise

1. Notice where the pain is coming from. What kind of sensation is it?
2. Continue paying attention to the sensations without passing judgment or being self-critical. Just let it happen.
3. Watch for small changes in a sensation. Does it get more intense, hotter, louder, become less at times, or unbearable at others?
4. Try to relax your body in spite of the sensations. Try not to tighten up as you pay attention to the pain.
5. This exercise is not meant to take away the pain. It is to help you better manage the symptoms when they come up.
6. Slowly come back now. You can do this exercise throughout the day, for example, while waiting in line or between classes.